Yet, never, in extremity, it asked a crumb of me.
- Emily Dickinson

Be Proactive

You can take **proactive** measures to **prevent** your children from using opioids.

- Keep all prescription drugs in a secure, locked place.

- Monitor use of prescription drugs.

- Keep a log of how many pills should be in each prescription bottle.

- Dispose of leftover prescription drugs as quickly as possible and in a safe way.

Bring pill bottles to the MEDRETURN BOX at the **Amherst Police Station**

Hotlines
- Western MA Peer Support Line: 888-407-4515
  Friday – Monday 8 p.m. – midnight

- MA Institute for Health and Recovery: 866-705-2807

- MA Substance Abuse Information and Education Helpline: 800-327-5050
  Helpline-online.com

Outpatient Program
- Clinical Support Options (CSO)
  8 Atwood Drive – Suite 201
  Northampton, MA 01060
  413-586-8550

Detox Programs

- Providence Detox-Holyoke, MA: 800-274-7724

- Carlson Recovery Center-Springfield, MA: 413-733-1423

- McGee Unit-Pittsfield, MA: 413-442-1400

- Adcare Detox-Worcester, MA: 800-345-3552
  (transportation available)

- Spectrum Detox-Westborough, MA: 800-366-7732

- Brattleboro Retreat-Brattleboro, VT: 802-258-3700

Medically Assisted Treatment

- Clean Slate (Suboxone Treatment)-Greenfield, MA:
  www.cleanslatecenters.com
  413-376-4343 or 877-218-2340

- Community Substance Abuse Center (Methadone Clinic)-Greenfield, MA
  413-774-3321   www.csahelp.com

NARCAN Training and Distribution
- Tapestry Health
  16 Center Street, Suite 423
  Northampton, MA
  413-586-6310

Heroin and Opioid Awareness/Treatment Resources
A Future Depends On You

HOPE is the thing with feathers that perches in the soul. And sings the tune without the words, and never stops at all.

Amherst Health Department

> And sweetest in the gale is heard; and sore must be the storm that could abash the little bird that kept so many warm.

What is Heroin?

Heroin is a very addictive drug and is an increasingly serious problem in our area. Heroin usually appears as a white or brown powder. Street names include *Smack, H, Skag* and *Junk*. Other names may refer to types of heroin such as *Mexican Black Tar* or *Brainstorm*.

Recent studies suggest a shift from injecting heroin to snorting or smoking because of the increased purity of the drug and the **myth** that these ingestion methods are safer.

What are Opioids?

Opioids are medications used to relieve pain: hydrocodone (Vicodin, Percocet), Codeine, Oxycontin. If abused, a single dose can cause overdose and death. Regular or long term use can lead to physical dependency and addiction. Prescription opioid addiction can lead to Heroin addiction because Heroin is often cheaper and easier to obtain.

Signs of Heroin and/or Opioid Abuse

- **Constricted, pinpoint pupils**
- **Vomiting**
- **Constipation**
- **Nodding out**
- **Laxative use**
- **Itching and scratching**
- **Weight loss**
- **Cessation of menstruation**
- **Track marks on arms**
- **Unhealthy appearance**
- **Sudden behavior changes**
- **Depression**
- **Loss of old friendships**
- **Problems at school**
- **Loss of interest in activities**
- **Time away from home**
- **Frequent, secret phone calls**
- **Finding plastic Ziplock bags**
- **Finding burned spoons/aluminum foil**
- **Disappearance of spoons**
- **Missing credit cards, checks and cash**
- **Pawn slips found in the house**
- **Purchases/gifts returned for refund**
- **Theft of household valuables**
- **Bottles of vinegar and bleach**
- **Cotton balls**
- **Criminal charges**

What should you do if you suspect someone you know is using?

Be direct and talk to them. Wait until he or she is **sober** and you are calm enough to have a discussion rather than an explosion.

Tell the person about the changes you have noticed in their behavior and the reasons you are worried. Use words such as *love, I care* or *we care*. Your voice should convey **concern** not **contempt**.

Do **not** tell the person they are a *loser, a waste* or a *disgrace*. This language will alienate them further. Be clear you are unwilling to drop the issue until the problem has been addressed.

If they become angry, do not take it personally. Their reaction is intended to minimize the significance of the problem. Do **not** cover for them. If they are in trouble, allow them to experience the consequences.

> I've heard it in the chillest storm and on the strangest sea;